

**Sports**

pg 9

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**Virtue, Moir win gold medal in ice dancing**

VANCOUVER

**2010 Games**

**FIGURE SKATING** Tessa Virtue and Scott Moir have made history, winning Canada's first Olympic gold medal in ice dance.

The couple captured the gold with a stirring free dance performance to Gustav Mahler's Symphony No. 5 at the Vancouver Winter Games last night.

Virtue, from London, Ont., and Moir, from Ilderton, Ont., edged Americans Meryl Davis and Charlie White and reigning world champions Oksana Domnina and Maxim Shabalin of Russia. The Canadians finished with 221.57 total points in their Olympic debut.

THE CANADIAN PRESS

**News on the Move**

**What's this barcode for?**

Learn how to scan the barcode with the instructions at the top of pg 3



**Vancouver Games**

Follow Metro as we bring you daily coverage throughout the 2010 Winter Olympics in Vancouver.

• Today — Luongo given start in Team Canada's do-or-die game against Germany, page 11



**On the web**  
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## 'All I saw was flames'

Mounties investigating after burning cross, noose put on family's lawn



Shayne Howe poses for a photo on the front lawn of his home near Windsor yesterday afternoon. A two-metre burning cross with a noose on it was left next to his well early Sunday morning. Howe and his fiancée, Michelle Lyon, who is white, live at the house with their children. The RCMP have no suspects but are investigating the incident as a possible hate crime.

### Minister 'disturbed' by cross burning

**PARIS** Minister of African Nova Scotian Affairs Percy Paris expressed concern and disappointment yesterday after learning a family in Newport were the targets of an alleged cross burning and racial slurs at their home early Sunday morning.

Paris, who is black, was born in nearby Windsor. He hadn't heard of the news until contacted by Metro around noon time.

"I'm very, very disturbed, in this day and age, that we had a cross burning anywhere in North America," Paris said.

"Whether it be in Hants County, or Halifax, or wherever.

It's just very disturbing and very, very upsetting — I'm shook by this."

Paris said he was especially concerned for the well being of the family's five children.

"I would like to think the community ... will rally around this family," he said. "The kids have to feel safe ... the safety and the well-being of the children are No 1."

"It's African Heritage Month ... this is supposed to be a good month, about celebration and education and moving forward," he added. "This certainly puts a cloud on a lot of things."

ALEX BOUTILIER/  
FOR METRO HALIFAX

ALEX BOUTILIER  
for Metro Halifax

### Information

- Anyone with information in relation to the incident is encouraged to contact the RCMP or Crime Stoppers at 1-800-222-8477.

**Shayne Howe returned home from a friend's 40th birthday party just after midnight Sunday.**

Ten minutes later, he said there was a two-metre burning cross on his front lawn, and a group of males outside shouting racial slurs at him.

"They waited for me to come home," said Howe, who has lived in Newport, just outside Windsor, for the past six years. "It's like they knew I left to go out."

The 31-year-old Howe, who is black, said by the time he went outside to in-

vestigate, there was nobody in the yard.

"All I saw was flames, there was nothing else around," he explained. "There was no vehicles, no sound, nothing."

Windsor RCMP arrived to the house at about 12:45 a.m., but the individuals had already fled the scene, they say.

"The investigation is still very much in the prelimi-

nary stages," said police spokeswoman Sgt. Brigdit Leger, adding the RCMP is hoping the public will help identify potential suspects.

"One of the avenues we're obviously exploring is whether or not the motivation behind this incident was a hate crime," she added.

Howe said he hasn't encountered overt discrimination in his community before, but is now looking for a new place to live. He isn't concerned so much for himself, but for the safety of his fiancée, Michelle Lyon, who is white, and their five children who all live in the home.

"I can't afford to take the chance of something happening," he said, referring to the whole ordeal as traumatic.

Howe also wants to get to the bottom of who is responsible for this incident.

He said there were several sets of footprints in the snow on his property and a lighter was found by police across the street.

"I want to know what's going on," he said. "This is black history month. And it's almost over, and they picked it before it was over (to do) it. Hollering out 'Die, N.... Die' and having a torch with a rope around its neck. To me, it's a hanging."



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## Forestry work may close park routes

**POINT PLEASANT** There could be temporary road, trail or pathway closures at Point Pleasant Park the next two months as HRM forestry crews, park staff and contractors thin tree stands on fortifications.

A HRM release issued yesterday said the work under the Point Pleasant Park Comprehensive Plan will take place through the end of April and is being done to avoid potential damage from uprooted roots resulting from wind-thrown trees. The release also noted clearing trees will re-establish traditional sightlines from the forts to the harbour.

HRM is advising those using the park to be cautious when passing by work areas.

METRO HALIFAX

## Teen charged after armed robbery

**CRIME** Police say a 16-year-old boy faces charges in connection with a robbery in Lower Sackville by two people armed with knives.

RCMP say the pair approached an 18-year-old man on Cobeguid Road on Sunday at 2:50 p.m.

The victim suffered minor injuries.

Police say the 16-year-old suspect was arrested later Sunday and was to appear in court yesterday.

He faces charges including robbery, assault causing bodily harm, uttering threats, possession of a weapon and breaching a recognizance.

RCMP are looking for a second suspect.

THE CANADIAN PRESS

# Input wanted for spending reforms

## Dexter won't act unilaterally to clean up expenses

**Premier Darrell Dexter said yesterday he doesn't intend to move ahead unilaterally with legislative reforms in the wake of Nova Scotia's spending scandal.**

Dexter said he intends to meet with both opposition leaders following his return from talks between Canadian premiers and U.S. government officials in Washington, D.C.

He said he will want input from all parties as his government moves to reform legislative members' expense allowance spending once the legislature reconvenes March 25.

"Very early on I said that there had to be reform, and what we are looking for is the best possible system that will work for everyone and one that we can do as quickly as possible," Dexter said from Washington during a speakerphone conference with reporters.



Darrell Dexter

He said anything that would advance transparency and openness is something that all sides should be able to discuss.

Earlier this month, the province's auditor general released a three-year audit that cited numerous examples of inappropriate and excessive spending and highlighted the need to strengthen vague rules and inadequate oversight.

In response, Dexter has already said the all-party board that administers legislative members' allowances will be disbanded in favour of a more modern and open commission that will meet publicly.

He said another key to

cleaning up the system will be increased support around the administration of spending rules, whether it's through a separate administrative body or a beefed up Speaker's Office.

"Having an appropriate administration that is transparent ... I think frankly that's one of the big pieces of the change that needs to be made."

Last week, Liberal Leader Stephen McNeil revealed that Dexter met with opposition leaders in mid-January to discuss how to handle the release of the auditor general's report.

Dexter said there was no all-party agreement on the disclosure of information around members' expenses.

"These were thoroughly general conversations with absolutely no agreement to do anything of that nature," he said.

THE CANADIAN PRESS

## Adjournment granted in murdered cabbie case

**COURT** A date to set a preliminary hearing for the man accused of killing Dartmouth cab driver Sergei Kostin has been put off until late April.

Chaze Lamar Thompson is facing a charge of first-degree murder in the death of Kostin, a Blue Bell cab driver originally from Ukraine, who was last seen picking up a fare on Gaston Road in Dartmouth on Jan. 17, 2009.

Kostin's burnt-out car was found at the end of Downey Road in North Preston three days later, but his remains were not discovered until April 1, when two officers came across a body lying about 20 feet from Upper Governor Road in North Preston.

Thompson was arrested and charged last month in connection to Kostin's murder.

Thompson made a brief appearance yesterday at Dartmouth provincial court, with the judge granting a two-month adjournment.

Thompson is due back in court April 27.

METRO HALIFAX



Rocky Jones and his brother Roger show their audience the Canadian Forces Medallion for Distinguished Service they received on behalf of their grandfather Jeremiah Jones yesterday.

## War hero posthumously honoured

**TRURO** A "historic wrong" was rectified yesterday as a black Truro man was posthumously awarded a national service medal 93 years after it was earned.

The family of Pte. Jeremiah Jones received the Canadian Forces Medallion for Distinguished Service in front of a packed Royal Canadian Legion of nearly 300 people in Truro.

During the Great War, Jones single-handedly took out a German machine gun nest in April 1917 during the Battle of Vimy Ridge.

Rear-Admiral Paul Maddison, as a hush came over the crowd.

son told the Branch 26 audience Jones' commanding officer allegedly indicated he would recommend the Truro native for the distinguished conduct medal, which is second only to the Victoria Cross.

"But most regrettably, and I think, clearly attributable to the bigoted social attitudes of the time, Mr. Jones was never awarded the medal, which his (comrades) and his family always believed he so rightfully deserved," said Maddison, as a hush came over the crowd.

Lt.-Gov. Mayann Francis said Jones is a pioneer but not because of his membership in a famed regiment or service at Vimy Ridge.

Jones was described as a "remarkable Canadian," a "giant figure in the history of African-Canadians who have served their country," and a "military hero."

Roger Jones, who grew up in Truro and now lives on the West Coast, said people have been coming up to him in the past few days and saying how proud they were of his late grandfather.

TRURO DAILY NEWS

**metronews.ca**

WHAT'S ONLINE TODAY

**Video** So we didn't own the podium. Don't worry, says the second man on the moon, who suggested first isn't needed for success at [metronews.ca/canada](http://metronews.ca/canada)

**Video** Former Canadian hostage Amanda Lindhout shows sympathy for her captors in first speech since she was freed at [metronews.ca/canada](http://metronews.ca/canada)

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Halifax Regional Police say a woman had her purse stolen and was knocked to the ground during a robbery on Spring Garden Road late Sunday night. Police say the woman wasn't injured but the suspect ran away with her purse south down Summer Street. **METRO HALIFAX**

# 'You wonder ... are they going to come?'

## Class Afloat prof recounts shipwreck

PAUL MCLEOD  
paul.mcleod@metronews.ca

**Four Nova Scotians returned home yesterday to tell the tale of "the best possible outcome of the worst thing that can happen to a sailor."**

Economics professor Maurice (Tug) Tugwell was one of three faculty and one professional crewmember onboard the tall ship SV Concordia whose plane landed in Halifax yesterday. Tugwell shared with reporters his tale of the ship sinking last week off the coast of Brazil.

Officials believe a "microburst" of vertical wind pushed the ship down onto its side until windows broke, flooding the ship. Tugwell, 63, was in his cabin at the time.

"There's a 20-second clip that keeps replaying in my head now that I'm safe, and it is the feeling of knowing the ship is continuing to go over. It's not coming back," the Wolfville resident recalled.

"I felt disoriented in the cabin. Picture it: what used to be the wall is now the floor. And you could hear things smashing and crashing."

Tugwell went into autopilot. Within 45 minutes the 64 staff and students had grouped together, slid down the sails into five lifeboats and watched the Concordia flip totally upside down.

Then began two days of



Maurice Tugwell, a retired economics professor at Acadia, carries his life jacket as he leaves the Halifax Stanfield International Airport with his wife, Claudia, yesterday. Tugwell was a Class Afloat instructor on the SV Concordia which sank near Brazil last week.

endurance. One of the large, circular lifeboats was broken and taking on water. They tied it to two other

rafts but still had to bail continually.

For two days they floated in the ocean in an uncomfortable, cramped state.

Many soaked passengers got saltwater rashes. They sang shanty songs like

## 'What if?'

• Maurice (Tug) Tugwell now wonders about the "what ifs" in the sinking of the SV Concordia.

He said yesterday things could have been much worse if the timing was different. "What if the largest classes that we had there ... hadn't been in session at the time?" he said.

"The classroom was filled with the largest class and the mess was filled with the second-largest class, which meant that all those students wouldn't have been down in their living quarters below deck."

Tugwell said if that was the case it would have been "much siffier" and taken longer to evacuate the ship.

Farewell to Nova Scotia and tried to focus on the positive.

But Tugwell recalls how, in quiet moments, students would ask him if anyone was coming to rescue them. "You wonder," he told reporters. "It's a great big ocean, and we're 500 kilometres, I think, off the coast, and it's 3,300 metres deep. Are they going to come?"

About 30 hours later, at dusk on Thursday, they finally heard the drone of search airplanes and "gave them a rocket show" with the flares.

Tugwell is now home and plans to spend the next several weeks with his wife, son, daughter and "the Tuglets" — his two granddaughters.

He thinks his sailing days are over, but he's keeping a lifejacket from the Concordia as a souvenir.

## Program to keep sailing despite loss of ship: School

**EDUCATION** School officials say the Class Afloat program will continue at West Island College International despite the sinking of the ship they've used for almost two decades.

The Lunenburg-based school is looking at options to continue the program this semester and next year after the tall ship

SV Concordia sank off the coast of Brazil last week.

"Our main focus was making sure, obviously, that everyone was safe and returned," said Kate Knight, head of the school. "Grieving the loss of the ship is something that we'll all do, but a ship can be rebuilt."

The Class Afloat program allowed students to take classes for 10 months while sailing to South America. It cost \$41,500 for Canadian students and slightly more for international students.

The Concordia was built for the school in 1992 and was insured. The most recent semester began Feb. 4, less than two weeks before the Concordia sank.

The Concordia was built for the school in 1992 and was insured. The most recent semester began Feb. 4, less than two weeks before the Concordia sank.

## Cruiser hit as officers dealt with alleged drunk driver

PHILIP CROUCHER  
philip.croucher@metronews.ca

**CHARGES** An alleged drunk driver struck a RCMP patrol cruiser as its officer was dealing with another impaired driving incident early Sunday morning in Beaver Bank.

Police say at 2:30 a.m., they responded to a motor

vehicle collision on the Beaver Bank Road and learned two males had fled the scene. Police eventually found the two men and say they were passengers in the car. The driver was subsequently arrested for impaired driving.

As police dealt with this matter, Halifax RCMP say a vehicle struck one of its patrol cars. The driver then

tried to flee the scene, police allege, but was apprehended a short time later.

A 19-year-old female was charged with impaired driving. No one was hurt.

The impaired driving arrests were two of six handed out by Halifax RCMP over the weekend. The previous weekend, Halifax RCMP charged five people with impaired driving.

In another incident from the weekend, police say a man was found asleep in the driver's seat with the vehicle running after an accident took place early Saturday morning in East Lawrencetown.

Police wound up searching the vehicle and found a rifle, ammunition and marijuana. A 27-year-old man was charged.

## Canso puts merger with Guysborough on indefinite hold

**POSTPONED** The Nova Scotia town of Canso has put the brakes on a possible merger with the district of Guysborough.

A vote scheduled yesterday on an earlier motion that recommended the town file an application to the province's Utility and Review Board to amalga-

mate has been deferred indefinitely. Canso Mayor Frank Fraser said councillors want to talk to Service Nova Scotia Minister Ramona Jennex and its solicitor in Antigonish before proceeding further.

There's no word on when the matter might come before council again.

**"I think that the council realizes we might have been a little too hasty."**  
Mayor Frank Fraser

Canso's future was cast in doubt by municipal

leaders after a \$136,000 deficit was forecast for the 2010-11 fiscal year.

"I think that the council realizes we might have been a little too hasty and let's take a sober look at this thing, and let's get more legal information," Fraser said.

THE CANADIAN PRESS

## Nova Scotia Power signs deal with wind turbine company

**ENERGY** A 20-year power purchase agreement has been signed between Nova Scotia Power and Watts Wind Energy Inc.

Under the deal, a 1.5-megawatt wind turbine will be installed at Watt Section, about 120 kilometres east of Halifax.

Watts says it's been measuring wind data at the site since October 2008 and plans to implement the project this year.

The company intends to

own the entire project, but isn't ruling out selling it or partnering with another company, among other options. The project will be partially financed with a mix of secured debt and equity capital.

Watts is a joint venture between Halifax-based Seaforth Engineering and Eon WindElectric, a Canadian wind farm firm with offices in Nova Scotia and Newfoundland and Labrador. **THE CANADIAN PRESS**

## News in brief

**HELICOPTERS** Trials are about to begin for the Canadian military's newest helicopter — the Sikorsky CH-148 Cyclone. Capt. Paul Finnemore at CFB Shearwater says a stripped-down test model arrived in Nova Scotia

over the weekend from the company's facility in Florida. For the next several weeks an assessment team will put it through its paces in a cold, hostile marine environment.

THE CANADIAN PRESS



**B.C. man found not criminally responsible in death of three children**

A Merritt, B.C., father has been found not criminally responsible for the first-degree murders of his daughter and two sons in their home in April 2008. Forty-one-year-old Allan Schoenborn's lawyer maintained his client suffered from a mental disorder when he killed 10-year-old Kaitlynn with a cleaver and then suffocated eight-year-old Max and five-year-old Cordon. **THE CANADIAN PRESS**

5

# Canada



## Hackers use Games to lure victims

Cyber crooks and hackers have used interest in the 2010 Vancouver Olympics as bait to cause havoc and in some cases rip off unsuspecting web surfers, says a U.S. security expert. The warning comes days after an infected web video of the death of Georgian luger Nodar Kumaritashvili made the rounds on the Internet. Don Gray, of U.S.-based Solutionary, said the Games have become a playground for hackers primarily because of the overwhelming use of social media. **THE CANADIAN PRESS**

## Embattled rights group gets new boss

**POLITICS** The Harper government has tabbed an international rights activist and former Quebec politician to head the troubled group Rights and Democracy.



Foreign Affairs Minister Lawrence Cannon says Gerard Latulippe — a former Quebec Liberal who ran for the Canadian Alliance federally in 2000 — is well qualified to take charge of the body. The proposed appointment is aimed at easing months of turmoil and controversy at Rights and Democracy. **THE CANADIAN PRESS**

# Canada waves white flag

## COC admits it can't catch U.S. in Olympic medal race

### VANCOUVER 2010 Games

**Canada won't own the podium at the Vancouver Games after all.**

With seven days of competition remaining, the Canadian Olympic Committee raised the white flag yesterday on the host team's goal of finishing first overall in the medal count.

"We are going to be short of our goal," CEO Chris Rudge said at the team's daily news briefing.

As of last night Canada had ten medals (5-4-1) good for fifth place far behind the U.S. at 25. Germany was second with 21, followed by Norway with 14 and Russia with 11.

"We'd be living in a fool's



Chris Rudge, CEO of the Canadian Olympic Committee, said Canada is raising the white flag. Rudge acknowledged yesterday it's unrealistic to believe Canada can catch up to the U.S.

paradise if we said we were going to catch the Americans and win," Rudge said. "We're not throwing in the towel. You never do that

when you are in the middle of a fight, but it's difficult. They are way out ahead at this point and it would be unrealistic to state that we

### No. 2 OK for Buzz

• Canada's Olympic team, take note: the second man to walk on the moon says you don't always need to be first to be successful. Buzz Aldrin, one of many celebrities who has come to Vancouver to take in the Olympics, says too much emphasis is placed on being No. 1.

are going to catch them."

It was like an elephant left the room when Rudge acknowledged Canada wasn't going to finish first at these Games. That atmosphere contrasted starkly with the previous day's tense briefing when defensive Canadian officials maintained Canada could still finish first overall.

### News in brief

**WILLIAMS** Newfoundland and Labrador Premier Danny Williams says he decided to go to the United States for heart surgery earlier this month based on the advice of his doctors. In an interview with The Canadian Press from his Florida condo, Williams says he had a "minimally invasive" surgery in Miami that was not offered to him in Canada.

**RCMP** Liberal members of a disbanded Senate committee have taken the unusual step of releasing a position paper while Parliament is shut down, recommending sweeping changes to the embattled RCMP. **THE CANADIAN PRESS**

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SCANLIFE  
A shadow may be cast on Canada's G8 summit hosting after report blasts "systemic erosion" of gender equality. Scan this code for the story.

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EDITOR: MIKE.DEREZYCKY@METRONews.CA

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## Comment

# PM can't compare to bully Brown

## NationalReport

Lawrence  
Martin

metronews.ca/nationalreport

British Prime Minister Gordon Brown treated staff so harshly, it is revealed, that some of them contacted the National Bullying Helpline for

assistance in dealing with him.

The revelation follows publication of a book revealing all sorts of tantrums by the prime minister — grabbing staffers by the lapels, pulling them out of chairs, punching walls. And we all thought Brown was a staid economist, duller than dishwater.

Now that the news is out, Brown's spinners, while denying some of the allegations, are trying to work

the story in their favour. These outbursts show a tough-minded leader at work, his PR men say, so dedicated to solving the nation's problems that he is sometimes overcome by emotion.

The revelations from across the pond will likely be greeted with some relief in the office of Stephen Harper, a prime minister painted as somewhat of a bully himself.

Interviews with many who have worked in the

Harper PMO reveal that he can be cold and severe and occasionally blow a gasket. But if the stories about Brown are true, it should be said that our prime minister isn't even in the same league. No staffers running to bully hotlines here.

Nor have we seen our PM get so irate that, à la Jean Chrétien in 1996, he grabs a protester by the throat and hurls him to the ground. Nor does he appear to have the short fuse of a Brian Mulroney, who

would go into frequent rages, or John Diefenbaker, who was a towering inferno of megalomania.

The issue with Harper is not whether he bullies staff. It's whether he bullies the system. It's whether his smearing of opponents, his inclination toward censorship and secrecy, his overcentralizing of powers have downgraded democracy to an unprecedented degree.

The latest allegation suggests that his operatives

have violated access to information regulations by delaying or blocking the release of potentially embarrassing government documents. Before this, we saw stories of how his political team crushed a democratic challenge to the nomination of incumbent MP Rob Anders in Calgary. Before this, literally dozens of other such examples.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

## Views

# Treat others as you would like to be treated

## ModernLife

Georgie  
Binks

metronews.ca/modernlife

Remember when working out relationship woes involved visiting a therapist, who taught you stuff like, "I hear you saying this," or "When you shout at me it makes me feel sad."

So why is it when most of us show up at the returns counter or put a phone to

our ears, with a customer care rep on the other end and a kid's cellphone bill in our hands, we revert to our first therapy visit — but with more extreme anger management issues.

It's not like we haven't been set up. Who came up with the idea that local or weekday calls should cost more than long distance? Who invented a voice recognition system that can't recognize my voice?

All of this nonsense created by the sadistic technology warlords has produced a new underclass of abused people — customer care

reps.

Recently, I returned a defective camera battery. Initially, the young female clerk told me, "Sorry, it's after 30 days ..." Instead of yelling, I sighed about my daughter's disappointment in not being able to photograph a girls' weekend. Suddenly, I was her mom. Sooner than you can say, "Can I have the keys to the car?" she waived that 30-day policy.

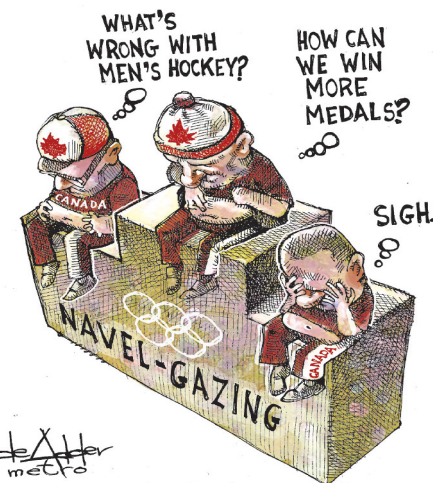
Weeks later I had a similar encounter. Set to do battle over a faulty clothes dryer, I was thrown off balance by a pleasant sounding clerk. Immediately I imagined her to

be named Verna. Instead of yelling, I beseeched her, "Just listen to my story." Soon, she was imagining me as her next door neighbour and my bank account was \$200 richer.

Which brings me to my conclusion — treat people like humans and they'll do the same back. And if I forget, I'll remember these words, "When you charge me 35 cents a minute for a local call, it makes me feel sad..."

Georgie Binks is a Toronto freelance writer who writes about gender and relationships; georgiebinks@rogers.com

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# Paris-to-London train breaks down

Eurostar has suffered yet another embarrassment after one of its trains broke down in southern England late last night, briefly stranding more than 700 people. **THE ASSOCIATED PRESS**

7

# World

## Mistaken NATO airstrike kills civilians

**NATO jets mistakenly killed at least 21 people in central Afghanistan, officials said yesterday, the deadliest attack on civilians in six months. The strike prompted a sharp rebuke from the Afghan government as it struggles to win public backing for a major military offensive against the Taliban in the south.**

Also yesterday, a suicide bomber detonated explosives at a community meeting in eastern Afghanistan, killing 15 civilians — including a prominent tribal leader widely criticized for failing to prevent Osama bin Laden's escape at Tora Bora after the Sept. 11, 2001 attacks.

The civilian deaths oc-

curred as 15,000 NATO, U.S. and Afghan soldiers were in their 10th day of fighting insurgents in the southern town of Marjah. The mission is to rout the Taliban, set up a local government and rush in aid to win public support.

The alliance said its planes fired on what was thought to be a group of insurgents in Uruzgan province on their way to attack NATO and Afghan forces. Interior Ministry spokesman Zemer Bashary said the airstrike hit three minibuses, which were travelling on a major road.

Although the airstrike was not related to the Marjah offensive, civilian casualties undermine NATO's goal of turning back the Tal-

iban and winning the confidence of the Afghan people — one of the main objectives of the southern operation.

Afghan President Hamid Karzai has repeatedly called on NATO to do more to protect civilians during stepped-up military operations, and the Afghan Cabinet strongly condemned the airstrike.

**THE ASSOCIATED PRESS**

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SCANLIFE  
Nicolas Sarkozy urges Mideast peace talks, warning of potential "catastrophe" in the region.  
Scan this code for the story.

## Arizona What up, dog?



This photo released by Guinness World Records shows Giant George, a Great Dane from Tucson, Arizona, who stands 3 feet, 7 inches tall from paw to shoulder, making him the world's tallest dog. Sitting under Giant George is owner David Nasser.

## Homeless say they are being evicted

**HAITI** Homeless victims of Haiti's earthquake said yesterday that police are halting deliveries of food and water to try to force them to leave their camp on the grounds of the prime minister's office. Police have padlocked gates to the camp where about 2,500 homeless people live under bed sheets propped on sticks.

**THE ASSOCIATED PRESS**

## News in brief

**DRUGS** Germany's oldest drug dealer is to go on trial today in the city of Wuppertal. The 85-year-old grandmother from the western city of Solingen has admitted to trafficking heroin in 2008 that she had purchased in the Netherlands, before passing on the drug route to her grandson in 2009. If convicted, she faces five to 15 years in prison.

**METRO WORLD NEWS**

**WASHINGTON** An aide to Dick Cheney says the former U.S. vice-president is in George Washington Hospital after experiencing chest pains. Cheney's assistant, Peter Long, said in a statement last night that the 69-year-old Cheney was resting comfortably and his doctors were evaluating the situation. Cheney has a history of heart problems and uses a pacemaker.

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Chile.....2.9 ¢	Nepal.....7.9 ¢	Italy.....2.9 ¢
China.....2.9 ¢	Oman.....14.9 ¢	Russia.....2.9 ¢
Ecuador.....12.9 ¢	Fiji.....24.9 ¢	Saudi Arabia...3.9 ¢
El Salvador.....9.9 ¢	Ghana.....9.9 ¢	South Korea....2.9 ¢
Jamaica.....8.9 ¢	Greece.....2.9 ¢	Sri Lanka.....11.9 ¢
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Lloyds Banking Group said yesterday that chief executive Eric Daniels has turned down his 2.3-million pound (\$3.6-million US) bonus for 2009, becoming the fourth top U.K. banking executive to refuse his bonus. **THE ASSOCIATED PRESS**

# Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Upgrader set to work in April

**OILSANDS** Suncor Energy Inc.'s fire-damaged oilsands upgrader is expected to be back in service in early April, squeezing production from Canada's biggest energy company for the next few months. A fire broke out two weeks ago at Suncor's U1 upgrader, which processes heavy crude from its oilsands operations north of Fort McMurray, Alta., into a higher quality type of oil. Calgary-based Suncor said yesterday it has finished assessing the damage.

THE CANADIAN PRESS

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Toyota Canada launches nationwide campaign to educate Canadians on what went wrong during recall. Scan this code for the story.

## Singapore On tour



Tourists take photos of the financial district in Singapore yesterday. Singapore's 2010 budget will boost funding for job training and raise company fees on foreign workers in a bid to increase productivity and fuel growth of as much as 6.5 per cent this year.

WONG MARE-ET/THE ASSOCIATED PRESS

# Toyota in hot seat with U.S. Congress

**Facing tough questions in the U.S. Congress, Toyota Motor Corp. said yesterday that federal prosecutors have launched a criminal investigation into the company's safety problems and the U.S. Securities and Exchange Commission was probing what the automaker told investors.**

Lawmakers pledged to ask executives about internal documents showing that Toyota visited with regulators who "laughed and rolled their eyes in disbelief" over safety claims. The twin developments created new challenges for Toyota officials scheduled to testify at hearings today and tomorrow amid concerns that the company and federal regulators

## Subpoena

- It wasn't immediately clear what U.S. laws Toyota might have broken. A subpoena would specify why prosecutors sought company documents, but Toyota would not comment.

failed to take safety problems seriously.

Congressional investigators are reviewing the Japanese automaker's recall of 8.5 million vehicles since fall to deal with safety problems involving gas pedals, floor mats and brakes.

In a new filing with the SEC, Toyota said it received the grand jury request from the Southern District

of New York on Feb. 8 and got the SEC requests Friday.

The investigations raised the possibility of hefty fines for the automaker or possible indictments against executives in the United States or even in Japan. The latter would require executives to be extradited to the U.S. to face trial.

"As a general matter, prosecutors will look at whether individuals may have violated the law and bring charges against them as individuals, rather than seeking to build a case against the corporation itself," said Robert Mintz, a former federal prosecutor in New Jersey who leads the government investigations. **THE ASSOCIATED PRESS**



Don Cameron,  
Financial Advisor



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Whoa! Wait a minute. Last week, federal Finance Minister Jim Flaherty put the squeeze on prospective homebuyers with new rules designed to let some air out of the real estate market. Of course, making it more difficult to qualify for a mortgage could cause a mini-stampede between now and April 19 when the rules come into effect.

After that date mortgage applicants have to meet the standards of a five-year fixed rate mortgage, even if they are applying for a

lower variable rate. That means, on a \$250,000 mortgage, you must qualify for roughly \$250 more in monthly payments.

Nonetheless, don't rush off in a panic to buy before April 19. Instead armour yourself against the biggest threat to homeowners and buyers — rising interest rates.

Here's how to do it:

**1 Aim for a down payment of 20 per cent or more.** You won't have to pay for mortgage insurance, saving at least \$5,000 on a \$250,000 mortgage. You'll also have a smaller balance exposed to higher rates.

**2 Go for as short an amortization as possible.** Twenty-five years was the standard until 2006. Now 35 years is commonplace. The additional 10 years decreases your monthly payments by \$200 on a \$250,000 mortgage. But it increases your total interest payments by a whopping \$91,000 over the life of the mortgage. The longer amortization period also makes you more vulnerable to interest rate increases.

## Alison's Money Rule:

- Homeowners and buyers shouldn't worry about new rules making mortgages harder to get. Job one is protecting yourself against rising interest rates.

**3 Plan to make lump sum payments** or select a biweekly schedule and reach the mortgage-free day much sooner.

**4 Get rid of non-essential credit** such as retail credit cards you may have applied for in order to get a price reduction or make a buy-now-pay-later purchase. And reduce or eliminate line of credit limits. This will improve your credit score making it easier to qualify under the new rules.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.



# Women's boxing championships open today

The Canadian women's youth and junior/cadet boxing championships open today at the Delta Halifax Hotel. Sackville's Stephanie Walker and Kentville's Chantelle Doucette are among the 30 boxers expected to compete. **METRO HALIFAX**

9

# Sports



## Gordon, Joudrey part of history

Porters Lake's Andrew Gordon, left, and Bedford's Andrew Joudrey were part of American Hockey League history on the weekend. Their team, the defending Calder Cup champion Hershey Bears, set an AHL record with 20 straight home wins. **METRO HALIFAX**

EDITOR: DON.MCHOULL@METRONEWS.CA

# Danton proving to be 'Band-Aid' for Huskies

**MATTHEW WUEST**  
matthew.wuest@metronews.ca

**Mike Danton is making an impact for the Saint Mary's Huskies — and his contributions couldn't come at a better time.**

The 28-year-old ex-NHL right-winger has stepped up on the Huskies' injury-depleted second line, scoring in each quarter-final win over the Moncton Aigles Bleus last weekend. He has five goals in nine games since returning to hockey on Jan. 27 from a six-year absence due to legal trouble.

The Huskies swept the Aigles Bleus and face the Acadia Axemen in the Atlantic University Sport best-of-five semifinals starting tomorrow at Acadia Arena in Wolfville.

Although Danton has an impressive resumé for a player at the AUS level, no one was sure how long it



Saint Mary's Huskies winger Mike Danton skates down the ice with Philippe Bertrand of the Acadia Axemen earlier this season.

would take him to find his legs and his timing after a long layoff.

"He's been a nice surprise," said Huskies head

coach Trevor Stienburg. "If we didn't have him, we'd be in trouble. Him coming in puts a Band-Aid on — a nice Band-Aid."

Danton's continued success will be key for the third-place Huskies against the No. 2 Axemen, who had a bye to the semifinals

## X-Men hope to solve V-Reds again

• The St. Francis Xavier X-Men are the only team that knows the secret to beating the New Brunswick Varsity Reds. All they have to do now is beat them three more times. The X-Men, who dealt the Varsity Reds their only loss

of the season on Feb. 12, face the nationally-top-ranked club in the best-of-five semifinals starting Thursday. The V-Reds, who went 27-1, will be looking for revenge after the X-Men spoiled their perfect season.

after going 19-6-3 and finishing second.

Two-thirds of the Huskies' second line — Cam Fergus and Kyle Doucet — remains injured, leaving Danton, Justin Munden and Brad Smith as the new secondary trio.

But Stienburg wants to see more production out of his top scoring line of Marc Rancourt, Cody Thornton and Colby Pridham. They scored just once in the quarter-finals.

"The primary guys can't go to sleep and expect the second line to step up," he

said. "Our top guys need to score."

With a 1-2-1 record against Acadia and facing one of the best goalies in the AUS, Kristofer Westblom, Stienburg said the Huskies need to follow Danton's lead.

"The goals he's gotten are from getting his nose dirty, and playoffs are about get-your-nose-dirty goals," he said. "This series is going to be about who's most willing to get their nose dirty and we're going to have to find a way to do that."

## SMU women won't have easy road to championship

**AUS HOCKEY** The Saint Mary's Huskies will be an underdog as they chase their first Atlantic University Sport women's hockey championship in five years starting Friday in Moncton.

The Huskies are seeded third at the four-day, six-team championship tournament after finishing the season with a 13-10-1 record. They haven't won an AUS title since claiming back-to-back banners in 2003 and 2004.

The AUS has replaced its traditional win-or-go-home format with a two-game round robin, and the Huskies are in a pool with the second-ranked St. Francis Xavier X-Women (18-2-4) and the fifth-ranked Dalhousie Tigers (11-13).

"We're in a very competitive pool," said Huskies head coach Lisa Jordan.

"We have the expectation that we're going to go in and play well and it's hard to say how things will turn out. We're optimistic about our chances. St. F.X. is going to be a tough test and Dal won't be any easier for us."

The Tigers and X-Women meet in the tournament's opening game on Thursday at 3 p.m., with the loser facing the Huskies on Friday and the winner doing the same on Saturday.

"All three teams in our pool have an opportunity to win the whole thing and it's going to be exciting," Jordan said.

The defending champion Moncton Aigles Bleus are seeded first. The championship game is Sunday at 2 p.m.

**MATTHEW WUEST/**  
**METRO HALIFAX**

## Sports in brief

**AWARDS** Paralympian Paul Tingley has been named Sport Nova Scotia's male individual athlete of the month for January. The Halifax native placed first at a World Cup sailing event in Miami. Half-pipe snowboarder Alexandra Duckworth of Kings-

burg, Lunenburg Co., took the female honour.

**AWARDS** The Halifax Mooseheads will hand out their annual team awards after Saturday's game with the Moncton Wildcats at the Metro Centre. **METRO HALIFAX**

## Hill, Lind to bat 2-3, says Gaston

**BLUE JAYS** The first day of Cito Gaston's last spring training produced some early news.

Reversing a thought from earlier in the winter regarding his batting order, Gaston has decided not to move his two best hitters, Aaron Hill and Adam Lind, from the two-three holes where they each produced career years in 2009. He had planned to bat Hill third and Lind fourth.

"Even though I said I would try it in spring training, then I'm messing with their minds," Gaston said. "I think Hill would do it in a second, but he's just going to put more pressure on himself. I want him to be himself. When Lind gets here I'll make sure I talk to him."

Lind had declared himself uncomfortable batting fourth. That was the main element in the manager's decision to leave it well enough alone.

Lind was named the DH of the year batting third, while Hill won a Silver Slugger for his work at second base, batting in the two-hole.

"I've preached it a lot and I've lived by it, too," Gaston said. "I like to keep



Blue Jay Aaron Hill, left, watches catching hopefuls with catching coach Sal Butera yesterday as pitchers and catchers work out at the Jays' spring training facility in Dunedin, Fla.

people comfortable. I played this game and if you're not comfortable where you are, sometimes you just don't perform."

Bookending his two hitting stars, Gaston's preliminary batting order would see right fielder Jose Bautista as the leadoff man and veteran Vernon Wells returning to the cleanup

spot. **TORSTAR NEWS SERVICE**

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"It's nice to have him back." Hank Aaron says of Mark McGwire after the slugger's admission to steroid use. Scan this code for the story.

## Tomlinson released by Chargers

**NFL** LaDainian Tomlinson was released yesterday by the San Diego Chargers, ending a brilliant nine-year run in which he became one of the NFL's greatest running backs.

The move had been expected for some time.

Tomlinson, who turned 30 last summer, was injured early in the 2009 season and finished with 730 yards on 223 carries for an average of 3.3 yards per carry, all career lows.

Tomlinson was due a \$2 million US bonus in early March, which all but guaranteed he would be cut loose as his role diminished on a team that thrived with a pass-happy offence.

Team president Dean Spanos met with Tomlinson yesterday and informed him of his release. **THE ASSOCIATED PRESS**

## Ranks

• Tomlinson ranks eighth on the all-time rushing list with 12,490 yards. His 138 career rushing touchdowns rank second, and his 153 total touchdowns rank third.

Austria won the gold medal in the Olympic team ski jump yesterday. Led by 20-year-old Gregor Schlierenzauer's 146.5-meter jump, Austria defended its title from the 2006 Turin Games with 1,107.9 points. **THE ASSOCIATED PRESS**

# Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

## 'Sloppy' Martin beats U.S. to keep record perfect

**CURLING** The "Michael Jordan of curling" didn't bring his A or even his B game to the Olympics yesterday but Kevin Martin's Canadian rink was still good enough to easily defeat the United States to run its record to 8-0.

Canada gave up a rare steal in the first end and finally took control in the fourth end but at one point Martin was curling a paltry 38 per cent efficiency while third John Morris was even worse off at 13 per cent.

"Ooh, lucky number 13," chuckled Morris after Canada rebounded to beat John Shuster's team 7-2.

"Yeah, a little sloppy. I don't think it was our best first five ends but when you have round-robin first place wrapped up at this stage, I think that's sometimes expected."

After the game, Shuster heaped praise on Martin, anointing him "the Michael Jordan of curling."

Martin was also laughing at his team's first-half

effort but admitted wrapping up first place going into Thursday's semifinals took away from the team's focus.

"We came out with a little bit of complacency or a lack of focus after yesterday's big win," said Martin. "But as soon as they put a scare into us we all came around really well and didn't miss much in the last five ends."

"It was good though to see the fire in the guys and getting upset and that was perfect. You can't breeze through these things easy and we did show a little complacency this morning."

Martin has no idea who he will play in the semifinal but one thing is clear - the teams below him, including Norway's Thomas Ulsrud, are scrambling to avoid him.

Ulsrud, who is 6-2 after pounding France 9-2, is in the playoffs but doesn't yet know his final position.

"I'm going to be honest with you," said Ulsrud, the bronze medallist at the 2009 world championships.

"I would rather not play Kevin in the semis. Who else I play it doesn't matter because we're all really equal. It's Kevin up there and then underneath it's a real battle."

THE CANADIAN PRESS

Kevin Martin

## Rout puts Bernard in playoffs

**CURLING** Ever since she clinched her spot at the Vancouver Olympics, Canadian curler Cheryl Bernard has heard her rink lacks the international experience to thrive on sport's biggest stage.

She doesn't expect to hear that anymore.

Bernard clinched a spot in the women's curling playoff round with a 6-2 pounding of defending Olympic gold medallist Anette Norberg of Sweden yesterday. With another round-robin victory,

Bernard can clinch the No. 1 seed in the tournament.

"Our lack of international experience is probably over now," Bernard said. "That for us is a really good thing because that was kind of a monkey on our back coming in here, that we didn't have any."

Bernard's tilt with Norberg was billed as a possible gold medal preview - the two rinks entered the game with identical 5-1 records, good for first place in the tournament.

THE CANADIAN PRESS



Canada's Marie-Philip Poulin, Becky Kellar and Colleen Sostorics celebrate Caroline Ouellette's, left, goal against Finland yesterday. Canada won 5-0 to reach the gold medal game.

## Canada vs. U.S. a go for final

JEFF HODSON  
Metro Canada

**Canada's women's hockey team will take on the U.S. in a rematch of the 1998 and 2002 gold medal games on Thursday after both countries cruised to easy victories yesterday at Canada Hockey Place.**

Canada beat Finland 5-0 yesterday evening, while the U.S. took a measure of revenge on Sweden - the team that upset them in the semifinals in Turin in 2006 - trouncing them 9-1.

Canada is the defending champion from Salt Lake City and Turin and it is the third time that the two teams have met in the final since women's hockey was included in the Olympics in 1998.

"It's something that people love to watch and we love to play in," said Canadian forward Jayna Hefford, of the upcoming battle

with the Americans. "It's go-



ing to be a battle all night ... (People are) going to see the best women's teams that have ever been on the ice," she predicted.

Last night, Canada opened the scoring about five minutes into the first period against Finland when Cherie Piper slammed home a backhand feed in the slot from Meghan Agosta. Haley Irwin added a second later in the period when she poked in a loose puck past Finland goalie Noora Raty.

The Finnish goaltender

was outstanding, stopping 45 of the 50 shots she faced and keeping the Finns in the contest until about the 17 minute mark of the second period, when Agosta, the trailer on a three-on-two with Hefford and Tessa Bonhomme, snagged the rebound and put the puck top shelf.

Irwin added her second goal of the game in the third, banking a backhand off Raty's pad as the goaltender struggled to get back in position. Caroline Ouellette added the fifth with a minute left in the third period.

On the uphill side of the ice, Canadian goalie Shannon Szabados was perfect, stopping 11 shots for the shutout.

At a press conference following his team's drubbing of Sweden, U.S. head coach Mark Johnson said he was proud of the strides his team had made in the months leading up to the Games.

many's Christina and William Beier.

Brother-sister acts are nothing new in figure skating. French ice dancers Isabelle and Paul Duchesnay added the silver medal at the 1992 Albertville Games to the world title they had won a year earlier. American siblings Kitty and Peter Carruthers were silver medallists in pairs at the 1984 Olympics.

THE ASSOCIATED PRESS

What to watch today

### TV Highlights

**1 p.m.: Women's curling**

Canada vs. Britain (Sportsnet).

**3:30: Biathlon**

Women's 4 x 6 km relay gold medal (OLN).

**4 p.m.: Men's hockey**

Switzerland vs. Belarus (Sportsnet).

**5 p.m.: Alpine skiing**

Men's giant slalom gold medal (TSN).

**5:15 p.m.: Freestyle skiing**

Women's ski cross gold medal (CTV).

**6 p.m.: Nordic combined**

Men's team 4 x 5 km relay gold medal (OLN).

**6:15 p.m.: Men's curling**

China vs. Canada (TSN).

**6:30 p.m.: Men's curling**

Britain vs. Norway (Sportsnet).

**8:30 p.m.: Men's hockey**

Canada vs. Germany (CTV).

**9 p.m.: Figure skating**

Women's short program (Sportsnet).

**11 p.m.: Men's hockey**

Czech Republic vs. Latvia (TSN)

**11 p.m.: Women's curling**

Canada vs. Russia (Sportsnet).

**1 a.m.: Men's hockey**

Slovakia vs. Norway (CTV).

TIMES MAY CHANGE

### VANCOUVER GAMES

#### MedalCount

NATION	7	7	10	24
U.S.	7	7	10	24
Germany	7	9	5	21
Norway	6	3	5	14
Russia	2	3	5	10
Canada	5	4	1	10
South Korea	4	4	1	9
Austria	3	3	3	9
France	2	2	4	8
Switzerland	5	0	2	7
Sweden	3	2	2	7
China	3	1	1	5
Netherlands	3	1	1	5
Poland	0	3	1	4
Italy	0	1	3	4
Slovakia	1	1	1	3

### On the web

- Up-to-date medal standings and results
  - Complete day-by-day event schedule
  - Metro-Blenz News Squad on-the-ground blog
- Visit [metronews.ca](http://metronews.ca) for more Games coverage.



**No medal for Canada in men's cross-country sprint**

Canada just missed the podium in the men's cross-country sprint at the Winter Olympics yesterday as Alex Harvey of St-Ferreol-les-Neiges, Que., and Devon Kershaw of Sudbury, finished fourth. It is the best-ever Olympic cross-country result for Canadian men. **THE CANADIAN PRESS**

**Vancouver Games**

# Luongo gets nod in do-or-die

**Team Canada is ready to sink or swim at the Olympics with Roberto Luongo in goal.**

Coach Mike Babcock tabbed the Vancouver Canucks goaltender yesterday to take over from struggling veteran Martin Brodeur as long as Canada can go at the 2010 Games.

It starts with a must-win game against Germany tonight. A victory would put Canada into a quarter-final tomorrow against powerful Russia.

"That's our plan — he has an opportunity here and he has to play well," said Babcock.

**Yzerman believes**

• Steve Yzerman still believes in the 23 players representing Team Canada. The executive director of the men's Olympic hockey team thinks Canada has improved in each of its games and remains hopeful the trend will continue. Yzerman noted

that he isn't surprised with the position the team finds itself in. The two-time Olympian says Canadian teams tend to start slowly at international hockey tournaments. He also said the quality of competition is much improved.

er end.

That gave the U.S. a bye into the quarter-finals, while Canada must first play its elimination game against Germany, a tight-checking underdog.

Luongo started Canada's first game of the Olympics, making 15 saves for the

shutout in an easy 8-0 win over Norway, but then ceded the net to Brodeur, the NHL's all-time leader in wins and shutouts, for the next two games.

"It's going to be fun to play in front of the fans again," said Luongo. "It was a great experience in my first outing."

"I've played at world championships and world juniors and some playoffs, but this I'm really excited about," the Montreal native said. He will also be playing in the Canucks' home rink — GM Place, which was renamed Canada Hockey Place for the Games. **THE CANADIAN PRESS**



Team Canada's goaltender Roberto Luongo takes a break during yesterday's practice.

## Life, death and the Olympics: Rochette is not alone

**Field of Play**

**Scott Russell**

metronews.ca/fieldofplay

the Barcelona Olympics, medal-favoured synchronized swimmer Sylvie Frechette endured the suicide of her fiancé. Frechette chose to compete at the Games and won gold.

Joannie Rochette must be emotionally drained in the wake of her mother Therese's death. The tragic news comes on the eve of the most important competition of the young skater's life.

But Rochette should take heart because she is not alone. The country mourns with her and supports her agonizing decision to leave the Olympic city or remain to take part in the Games.

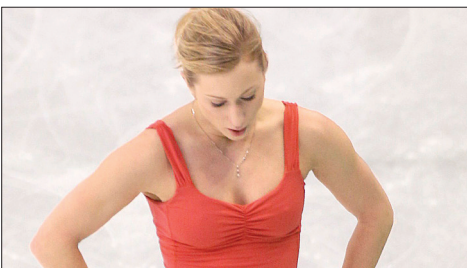
There is more than one precedent in Canadian history for this kind of occurrence at a critical time. Perhaps Rochette can draw some comfort and strength from those who have gone before her.

In 1992, one week before

Just two days prior to the 1998 Winter Olympics in Nagano, hockey player Danielle Goyette's father, Henri-Paul, died from complications associated with Alzheimer's disease. In her first game just three days later, Goyette scored three goals and added an assist as Canada began the tournament with a victory against Japan. The Canadians went on to win a silver medal.

Finally, and most recently, there is the case of swimmer Brent Hayden. The week before he competed at the world championships in Melbourne, his grandfather Perry Anderson died of old age in British Columbia.

"I visited him on his death bed before I left for Australia and promised I'd



Canada's Joannie Rochette takes a break during figure skating practice yesterday.

win the gold medal for him," Hayden recalled in Whistler.

"It was the last thing I thought about as I got up on the blocks and began my swim. I just remembered the promise I made him and didn't want to let him down. I didn't care how much it hurt I was going to deliver on my promise to him."

It ended up that Hayden made good by winning gold in the 100-metre freestyle and was true to his word.

It is a tragic set of cir-

cumstances and for Rochette, the timing could not be worse. But she has to know that there is a way to survive this.

She must have faith that she is not alone and that her mother is so very proud of her as she readies for her time on the great stage of the Olympic Games.

Gemini Award winner and author Scott Russell is the Host of CBC Sports Weekend seen Saturday afternoons. A 20-year CBC Sports veteran, he has covered a variety of professional and amateur sports including nine Olympic games and numerous world championships.

## Germans looking forward to Canadian 'challenge'

**JEFF HODSON**  
Metro Canada

**HOCKEY** If Christian Erhoff has any secrets on how to beat his Vancouver Canucks teammate Roberto Luongo, he's not about to share them with the world.

With his countrymen, however, is another story. "If he has some weaknesses," Erhoff said, "I'm going to share them with my teammates."

"Maybe one thing or the other, but like I said before, that's for the dressing room."

The German men's team has yet to win a game this Olympics and will be heavy underdogs in today's elimination tilt against Canada.

Luongo will get the start for the Canadian team that was relegated to the quarter-finals after a 5-3 loss to the U.S. Sunday.

"It's going to be a great challenge for our team," Er-

**"There's no pressure on our team, it's the total opposite than the pressure that is on Canada."**

Germany's Christian Erhoff

hoff said. "(Canada) is a team loaded with NHL superstars, so it's going to be a lot of fun for the guys who usually play in Germany ... there's no pressure on our team, it's the total opposite than the pressure that is on Canada."

Boston Bruins forward Marco Sturm said his German team would have to be perfect to manage a win against Canada.

"We have to be realistic," Sturm said.

"We're big underdogs. We're just going to go out and work hard."



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The Food Channel is one of 14 select content partners to provide recipes for a new Meredith Publishing network website called recipe.com. The new site features quick recipes and meal ideas from the top recipe sites on the web. **METRO NEWS SERVICES**

# Food



## Don't be late for... tea

Get a taste of the new film adaptation of Alice in Wonderland with Tetley's new special edition packaging and tea flavours — inspired by characters Alice, the Mad Hatter, the Red Queen and the White Rabbit. The collection includes Tetley Tea Tins (\$4.99) and canisters (\$3.49) in English Breakfast, green tea with lemon, red tea with orange and orange pekoe. Available at most major grocery stores. **METRO NEWS SERVICES**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

### Personal Gourmet recipe of the month

ROSE REISMAN

#### About Rose



Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at [rosereisman.com](http://rosereisman.com) & [personalgourmet.ca](http://personalgourmet.ca)

# Heart healthy recipes

#### It seems salt is the new trans fat.

Experts are warning us that high intake of salt may lead to high blood pressure, heart attack or stroke. Although salt, is a mineral that is essential for our health, we consume this often hidden flavouring in excess.

Nearly 80 per cent of the salt in North American diets comes from processed and packaged food. Another 10 per cent of our salt intake is the salt that occurs naturally in foods. This means that you only control 10 per cent with the saltshaker.

In order to stay healthy, it's important to take steps to lower your salt intake today. In the spirit of "Heart Month" try some of my delicious lower sodium recipes.



Smoked Salmon Sushi Squares.

#### Smoked Salmon Sushi Squares

PREP TIME: 15 MINUTES

COOK TIME: 12 MINUTES

My corporate clients vote

this their favorite appetizer. It's the perfect solution for those who shy away from sushi because of concern about eating raw fish. Nori is available in good quality supermarkets and Asian food shops. **SERVES 16**

#### INGREDIENTS:

- 2 cups sushi rice
- 2 cups water
- 1/4 cup rice wine vinegar
- 1 Tbsp granulated sugar
- 16 thin slices English cucumber (unpeeled)



Homemade Potato Wedges.

- 4 oz smoked salmon
- 1 Tbsp light mayonnaise
- 1/2 tsp wasabi (Japanese horseradish)
- 1 sheet nori (dried seaweed)
- 1 tsp sesame seeds, toasted
- Low-sodium soy sauce, wasabi and pickled ginger (optional)

#### METHOD:

1. Combine the rice and water in a saucepan. Bring

to a boil and boil for one minute. Reduce the heat to low, cover and cook for 12 minutes. Remove from the heat and let stand, covered, for 10 minutes.

2. While the rice cooks, combine the vinegar and sugar in a small saucepan. Bring to a boil, stirring to dissolve the sugar. Remove from the heat.

3. Turn the rice out into a large bowl. Stir in the vinegar and sugar mixture. Cool just until the rice no longer feels hot. Don't let the rice get cold or it will dry out.

4. Line an 8-inch square baking dish with plastic wrap. Cover the bottom with the cucumber slices. Lay the smoked salmon over top. Mix the mayonnaise and wasabi together and spread over the salmon.

5. Place half of the rice over the mayonnaise. Pat it firmly to an even thickness, dipping your fingers in water to prevent the rice from sticking to your hands. Top with the nori. Add the re-

maining rice, patting it firmly to an even thickness.

6. Invert onto a serving platter and cut into 16 pieces. Sprinkle with the sesame seeds. Serve immediately, or cover with plastic wrap and refrigerate for up to eight hours. Serve at room temperature, garnished with soy sauce, wasabi and pickled ginger, if desired.

#### Potato Wedges

PREP TIME: 5 MINUTES

COOK TIME: 40 MINUTES

These are the best and healthiest French fries you'll ever eat — forget deep-fried fast-food ones that can contain over 20 g of fat and 400 mg of sodium in a medium serving. **SERVES 6**

#### INGREDIENTS:

- 3 large baking potatoes (about 2 lb), scrubbed
- 2 Tbsp olive oil
- 1 tsp finely chopped garlic
- 2 Tbsp grated Parmesan cheese
- 1/4 tsp chili powder
- 3 Tbsp chopped parsley

#### METHOD:

1. Preheat the oven to 375°F. Lightly coat a rimmed baking sheet with cooking spray.

2. Cut each potato lengthwise into 8 wedges. Place on the prepared baking sheet. Combine the oil and garlic in a small bowl. Combine the cheese and chili powder in another small bowl. Brush the potato wedges with half of the oil mixture, then sprinkle with half of the cheese mixture.

3. Bake for 20 minutes. Turn the wedges and brush with the remaining oil mixture and sprinkle with the remaining cheese mixture. Bake for another 20 minutes or just until the potatoes are tender-crisp. Garnish with parsley.

## I feel

**Jillian Hum**  
Patient, Mental Health Day Treatment Program

"The IWK helped me through some very difficult times. One thing I want any teen facing depression or anxiety to know is that there is a light at the end of the tunnel. You really aren't alone."

**iwkstories.com**

**IWK Health Centre Foundation**



# Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

## Daily stress takes its toll on sexual desire

Men and women both suffer when intimacy is replaced with 'to do' lists and worries

CELIA MILNE  
for Metro Canada



**No time for yourself? Hate your job? Can't pay your bills? Time to de-stress before it hurts your sex life.**

"Stress plays a significant role in dampening libido," says Eli Bay, a relaxation expert in Toronto.

"If you are tired and you don't have the urge and you can't perform, it is very likely a stress thing," he adds.

Bay is a skill trainer who has been teaching people the tools to deal with stress for 32 years.

Stress can affect sexual health in both men and women.

"Stress is a fight or flight reaction. It is great in an emergency, but not when you are trying to heal, make love or be creative," he says.

When you are stressed, your body becomes focussed on defending itself — poised for battle.

"People are walking around with low level stress all the time. That's the new normal.

"It takes a toll. Your energy is sapped by having a



Trying to balance household finances and over-loaded work schedules can affect stress levels.

constant low-level stress."

Along with common signs of stress such as poor sleep, anxiety, allergies, gastrointestinal problems, heartburn, indigestion, grinding teeth, depression, and asthma, Bay has seen people suffer from erectile dysfunction, loss of desire, and impotence.

It makes sense because when you are stressed, you feel tired and angry.

Your muscles are tense and your breathing is shallow, your blood pressure is up, your blood sugar may be up, and your body is getting ready for flight.

"Stress affects the flow of hormones in the body. It dampens the hormones that enhance the sexual act."

Exacerbating the problem for some people is the fact that medications

**"People are walking around with low level stress all the time. That's the new normal ... Stress affects the flow of hormones in the body. It dampens the hormones that enhance the sexual act."**

Eli Bay,  
Relaxation expert

hol, smoking and drugs can make the problem worse.

Bay is a proponent of using relaxation techniques to quell the effects of low-level stress.

"It's not a pill, it's a skill. Cultivate it, develop it, practice it and when you are in need of it, call upon it.

"People who are stressed out before they plan to make love need to take time, relax, breathe, use slow, deep, full breathing. It can be very powerful. It brings you into the moment."

How stressed are you? Bay's website, elibay.com, provides a quiz to answer that question, and offers DVDs, training sessions and other tools to help you learn to relax.

ety can cause sexual dysfunction and impotence. Crutches such as alco-

for depression and anxi-

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### Other ways to deal with stress

...and save your love life

- Identify the root of your problems.
- Work through ways to solve the problems.
- Talk to others
- Exercise regularly
- Do activities that take you away from your

stressors

- Don't waffle: Make decisions
- Avoid putting things off
- Make a schedule of leisure activities
- Delegate if you are too busy.

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## Making the heart grow fonder?

Technology's role in long distance relationships

### The J Spot



**Maintaining a relationship when geography keeps you apart isn't easy.**

Technology has certainly helped to bridge the gap. But while things like web cams and Skype, texting and email can literally keep you connected when school, work or even war separate you for long periods of time, these new technologies don't always make long-distance relationships easier.

In fact, sometimes they can even make things worse.

"One of the problems with email when you're in a long-distance relationship is that you can't express tone and it's easy to misread things," explains 32-year-old Lisa, who's boyfriend of two years is in Australia for a year for work.

"Emoticons help a bit, but there are limitations. Once in a while we deal with bigger emotional stuff by email, but we try to avoid it," she continues.

"It can be tempting to write things in email you wouldn't say to each other in person and, once it's in writing and you hit

send, you can't take it back."

Texting can be great because you can send each other quick "hits" throughout the day just to let the other person know you're thinking about them. But, because technology has trained us to expect constant and immediate communication, if you don't get a returned text immediately, it's hard not to fill the empty space with doubt about why you haven't heard back.

In some cases, communicating more often can even push long-distance couples apart.

Gregory Guldner is the director of the Center for the Study of Long Distance Relationships in the U.S. He also spent four months as an emergency physician in Iraq.

In an article in Forbes magazine, he says that, in the military, for instance, tools like satellite phones have broken down some barriers that would have better been left standing.

"Technological communi-

cation can interfere with the separate worlds that people are trying to maintain," Guldner is quoted saying.

"When a soldier is pinned down in combat and his wife is at home trying to deal with a broken

dish-washer,



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they can't really relate to one another."

And communication technology can only take "that long-distance feeling" so far.

Lisa and her boyfriend have regular video conferencing "dates."

But, says Lisa, "While it can be fun to watch a movie together on a Saturday night while we're both on web cam, sometimes, the experience just makes me miss being physically together even more."

### Maya's tip

...to a health relationship

- It's all about being able to listen to one another and not just offload anger and stress on your partner.
- A connection is made between two people when they take the time to sit down and talk.

bursting inside of us. It also involves tantric energy, using sexuality as a vehicle to spirituality.

Far from what most people think, the tantric way of life isn't just about sexuality but more about achieving perfection and acceptance.

Fiennes differentiates between two types of energies related to sexuality in kundalini — red and white tantra.

"Red tantra is just sexual, its just physical whereas white tantra is about making an emotional connection. A vehicle for reflection, white tantra is almost like making love to yourself," says Fiennes.

"What you achieve is the emergence of two souls via lovemaking, allowing you to get closer to your higher self."

"Sex is something that happens in the head. Only once the head is stimulated can you stimulate the organs."

The flow of tantric energy takes place at the body's Charkas, or energy

points. There are two charkas linked to sexual and emotional energy, the second and the fourth chakra.

The second chakra is placed by our sexual organs and is where we store emotions. It is represented by a water element, depicting the flow of emotions like the flow of water. The fourth chakra is at the heart and represents love.

Once you open this chakra, you will be prepared to give others more



**"Sex is something that happens in the head. Only once the head is stimulated can you stimulate the organs."**

Maya Fiennes

in terms of emotion, and go further than just physical feelings. Kundalini Yoga allows you to open up your charkas and allowing for a flow of pure pleasure.

According to Fiennes, the biggest hurdle for couples is being able to look at each other for more than three minutes.

"People break down in tears ... some have been married for over 30 years yet have the impression they are staring into the eyes of a stranger," explains Fiennes. "They have lost their intimacy, they still have sex but they have lost their connection."

Kundalini is about believing that love is just as spiritual as it is physical. People tend to clam up and close their hearts after coming out of a bad relationship and this affects how we behave throughout our lives.

"My best advice is for people to move on and enjoy and not be prisoners of their past. Forgive and forget and focus on the present. Kundalini helps you get to that openness, which is key to a happy relationship."

METRO WORLD NEWS

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**Lakshmi has a baby**

A Padma Lakshmi is now the happy mother of a daughter. "Model, author and Emmy-nominated host of Top Chef Padma Lakshmi gave birth to a baby girl named Krishna Thea Lakshmi on Saturday," her rep said. **METRO NEWS SERVICES**

**15**

# Entertainment

EDITOR: DEAN.LISK@METRONWS.CA



## Off the market?

The Daily Mail speculates that Daniel Craig has married his girlfriend of six years, Satsuki Mitchell. Craig was spotted with a gold band on his ring finger. Mitchell was also wearing a ring. **METRO NEWS SERVICES**

## Olympics play it safe

I Believe not representative of diverse Canadian music scene

### TheAudioFiles

**Bryan Borzykowski**

metronews.ca/music

Three days before the Olympics began I had already lost count of how many times I heard I Believe.

The song, sung by 16-year-old Montreal phenom Nikki Yanofsky, must have been on three or four times a night, so you can understand, after 11 days of speed skating, hockey and skiing, just how deeply lodged that track (and its equally epic variations) is in my head.

We can debate whether or not the song is any good, but by now that's irrelevant — would anyone be that upset if a day went by without hearing the tune? I Believe was chosen by CTV to inspire patriotic feelings among us Canucks, but for many it's become a second anthem, one that's supposed to represent Canadian ideals and, perhaps, our taste in music.

We pride ourselves on being a multi-cultural society, and that extends to music too — we've embraced rockers, jazz bands, opera singers, aboriginal artists and country music — so choosing an over-the-top adult contemporary track as the defining Olympic song leaves out a lot of great, Canadian sounds.

If the network had to pick a single genre to focus on, though, it's not a surprise that they'd pick a song that sounds a lot like



Nikki Yanofsky's I Believe was chosen to inspire patriotic feelings and has topped Canadian charts.

**"Choosing an over-the-top adult contemporary track as the defining Olympic song leaves out a lot of great, Canadian sounds."**

Celine Dion. One of the songwriters, Stephan Moccio, has written for the French-Canadian songstress (Glass Tiger's singer Alan Frew was the other writer), and the track's epic chorus and slick, mid-tempo verses follow a similar arch to Dion's huge 1996 hit Because You Loved Me.

It may be a popular number — the single topped the Canadian iTunes and Billboard Canadian Hot 100 charts, so clearly lots of people like it — but it wasn't necessarily the most representative piece of mu-

sic, unless we think of ourselves as snoozy, inoffensive and middle-of-the-road.

There's no right choice here — no song would satisfy everyone, and with so many genres to choose from, recording We Are The World-style ensemble with George Pettit, John K. Samson, Randy Bachman and Shania Twain could have been a disaster, but the songwriters at least could have tried to spruce the tune up with something other than a children's choir.

Having a mix of the coun-

try's more established and underground artists write their own Olympic songs would have been better, or at the very least, this one tune could have been recorded in myriad ways. (as folk tune done by East Coaster Joel Plaskett, a country song by Aboriginal singer Shane Yellowbird, a soft indie number by Jenn Grant.) In the end the song is so safe and devoid of any real Canadian culture that it not only pales in comparison to our other big hits, but we won't recall it a year from now. And that's too bad, because we've got a lot of great music worth remembering.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

## Conan weighs live tour

Former late-night TV host Conan O'Brien may be taking his act on the road and even overseas.

O'Brien's exit deal with NBC barred the former Tonight host from TV appearances for several months. He is weighing a tour that would take him directly to his fans, according to a person familiar with the proposal.

The person, who was not authorized to publicly discuss the plans, spoke on condition of anonymity.

Details are unsettled, the person said, but O'Brien may perform live in U.S. venues, including college campuses, and head to Europe. An O'Brien spokesman declined comment.



Conan O'Brien

The tour could be a prelude to a new talk show for the comedian, who left Tonight in January when NBC tried to bump him to a midnight slot. Possibilities include Fox, which expressed interest.

Jay Leno reclaims Tonight next month.

THE ASSOCIATED PRESS



## WEEKLY OFFERS



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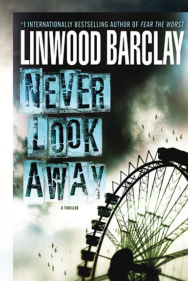
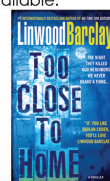
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\*National Post \*\*while quantities last







Angelina Jolie and her father Jon Voight have been famously estranged for years, but photographers caught Voight enjoying a sunny day in Venice, Italy, this weekend with his daughter, Brad Pitt and a few of the grandkids. **RADARONLINE.COM**

Jolie spends time with dad



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Roman Polanski, left, shares a moment with actor Ewan McGregor on the set of the director's latest film, *The Ghost Writer*.

## The curious case of promoting Polanski

**FILM** To say the least, it can be difficult releasing a film when your star director is confined to his Swiss chalet awaiting possible extradition to the U.S. for a sex crime committed in the 1970s.

That's the unique situation for Roman Polanski's *The Ghost Writer*, which opens in Canada next month. What began as a typical production for Polanski was upended when he was arrested in Switzerland last September in connection with a 32-year-old rape case.

Suddenly, Polanski's past returned to the front pages. "It's sad for all concerned, but it's also heightened the movie," said Pierce Brosnan, who stars in it. "The movie's in the can, he's in the can."

The 76-year-old, Oscar-winning filmmaker fled the U.S. in 1978 after pleading guilty to unlawful sexual intercourse with a minor. He is currently under house arrest at his Gstaad chalet, where he's awaiting a Swiss

decision on whether to extradite him to the U.S.

The arrest interrupted Polanski as he was finishing post-production on *The Ghost Writer*. Though he had wrapped principal photography in February and completed a rough cut in August, he had to finish editing the film while in prison before being granted house arrest.

Relaying materials through his lawyers, Polanski edited some of the movie alongside fellow prisoners peeling onions.

Executives for Summit Entertainment, which is releasing the film in the U.S., are staying mum — as are publicists and agents associated with the movie.

The theatrical trailer for *The Ghost Writer* hardly mentions Polanski's name, something that might normally be expected for the auteur director of *Chinatown* and *Rosemary's Baby*.

The strategy is clear: emphasize the movie and downplay Polanski.

THE ASSOCIATED PRESS

# Past haunts Idol hopeful

## Contestant's failed musical causes stir

**The success of an American Idol contestant is causing a stir among parents who are complaining they never got refunds for performance fees in a failed musical production Todrick Hall wrote and directed.**

Hall, who last Tuesday made it into the top 24 on *American Idol*, wrote *Oz, The Musical*, which he billed on its Facebook page

as "a contemporary twist on the classic story, with all new music."

He had been putting on small productions of the show since he was 17, using local, nonprofessional actors for the lead roles and casting local children as munchkins and flying monkeys.

"They were fabulous, just wonderful productions, and the kids just really loved

them," said Dallas businessman Greg Money, who had three daughters in the shows.

Then in August 2008, Money agreed to finance a production of *Oz* in Lubbock, Tex., that used a professional cast for the lead roles. That led to a small tour of Texas cities in early 2009 Money says was a "financial disaster."

Reached by phone Friday,



Todrick Hall

Hall said *American Idol* rules do not allow him to participate in any media interviews, however, he did generally confirm Money's account of events. Hall is scheduled to perform Wednesday on *Idol* with the top 12 male semifinalists.

Plans moved ahead to take the show on a national tour and Money said he tried to line up new backers. Several commitments fell through, however, and the show ended abruptly.

Meanwhile, in several cities, auditions had already been held and children were looking forward to performing on stage in a real musical. Many parents had paid a \$50 performance fee that was never returned.

In Lakeland, Fla., Jennifer Davis, who owns the Art in Motion Academy of Dance, said she was not even informed the show had been cancelled. She found out when she opened the studio for a planned rehearsal and no one from *Oz* showed up. "I don't believe (Hall) came to my studio knowing that the musical was going to go down and they would steal everyone's money, but it happened," she said. "He could have at least called — explained what was going on."

Money said he was responsible for the finances of the production, not Hall. He said Hall tried to make amends to the disappointed children by putting together a smaller, less expensive show, but even that lost money. **THE ASSOCIATED PRESS**

If you treat your dad to a better cup of coffee are you still grounded?

Use the coupon above to find out.



## DVD picks

### The Damned United

Directors: **Tom Hooper**

**MOST SPORTS MOVIES** follow the all-too-predictable pattern of tracking an unlucky club as it struggles to find its heart and win a championship.

*The Damned United*, written by Peter Morgan with the same keen insights he brought to Michael Sheen's previous triumphs, *The Queen* and

*Frost/Nixon*, goes the other way.

It's all the better for it. Sheen is Brian Clough, who was briefly the coach of the Leeds United soccer team, in an incident from the 1970s that is almost Shakespearean in its hubris.

Just 44 days after he took the helm, the Leeds board removed Clough. He'd managed to alienate management, players and fans in record time with

his outrageous insults, bullying, boasting and vendettas, which became the stuff of worldwide headlines.

Director Tom Hooper wastes little time on the pitch, making judicious use of archival footage and some recreated action

in a film otherwise rich with period detail and colour.

Sheen's performance is controlled fury, barely touching ground as he presents Clough as being the very picture of a delusional fool.

Extras includes a commentary by Hooper, Sheen and producer Andy Harries, deleted scenes (with optional director's commentary), and several featurettes.



### The Informant!

Directors: **Steven Soderbergh**

**ASTUTE FOLLOWERS** of Steven Soderbergh's contrarian ways learn to be wary of the director's zanier instincts.

So word that his new film *The Informant!* is a whistleblower drama that plays like cracked satire should be cause for at least one raised eyebrow.

Here's the good news: his instincts are spot on

this time. In adapting reporter Kurt Eichenwald's non-fiction account of Mark E. Whitacre, the corporate corn husker turned federal snitch, Soderbergh has given this incredible story exactly the amount of insanity it deserves.

Matt Damon added 30 pounds, bad hair and an Alfred E. Neuman smile to play Whitacre, and he got it exactly right, too.

Peter Howell/for Metro Canada



## Drumming up allegations

Police were called to a California restaurant Sunday morning after paparazzi accused Blink-182 drummer Travis Barker of making threats and slashing tires. A video posted on TMZ shows Barker in a profanity-laced screaming match with photographers waiting in a car. **POPEATER.CA**

# No Hiccups in casting

Corner Gas alumni team up again for new series

IAN JOHNSTON  
for Metro Canada

**Corner Gas alum Nancy Robertson admits she was a little hesitant when husband/co-star Brent Butt offered her the lead in his new series Hiccups.**

"I was just worried people might get the impression that I only work with Brent. Which isn't true," says Robertson, who plays a volatile children book writer in the CTV comedy.

"But the part was so great. She's so free. So open. It's real fun to play."

Created by Butt, Hiccups focuses on Millie Upton, the writer of Grumpalooes, a hugely successful series of children's books.

Millie's problem is she tends to speak her mind. And when she gets ticked off, she gets really ticked off. So much so, her agent and publisher convince her to go into therapy to curb her outbursts.

The Gemini-winning Robertson, who married Butt in 2005 while making Corner Gas, is hesitant to



Nancy Robertson stars in the new CTV comedy Hiccups.

call Millie "angry," though the character does tend to meltdown in coffee shops and book stores.

"I wouldn't say she has anger issues. More like emotional issues. She's extreme. When she's happy, she's really happy. But she's totally content with who she is. She's just an author who doesn't know how to work with people."

So, in the series pre-

miere, Millie seeks the help of a down-and-out "life coach" Stan — played by Butt. Their odd couple teaming forms the center of Hiccups. "She personally doesn't think she needs a life coach. It's more for the other people in her life. They can't handle being around her."

Hiccups premieres the night of Monday, March 1, on CTV.



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**NINE@9**

Weekdays @ 9pm

**For February 22nd**

Rihanna - Rude Boy  
Drake Ft Kevin Cossom - I Get Paper  
Young Money Ft Lil' Wayne - Bedrock  
Down With Webster - Your Man  
Girlicious - Over You  
Boys Like Girls - Two Is Better Than One  
Adam Lambert - What Do Ya Want From Me  
Justin Bieber Ft Ludacris - Baby  
Ke\$ha - Blah Blah Blah

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**101.3 THE BOUNCE**

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/23/10	31	31	31	ABC News Center 5	World News	Inside Edition	Chronicle	Lost Locke seeks help.	Lost "Lighthouse" (N)	the forgotten		
prime time	7	7	7	ASN XXI Winter Olympics Hockey, Figure Skating, Medal Ceremonies, Hockey, Figure Skating, Medal Ceremonies, (Live)	Jeopardy! (N)	Rick Mercer	22 Minutes	Kids in Hall Comedy Fest	CBC News: The National	The Hour		
	11	11	11	CBC Wheel Fortune	Pyramid (SC)	Union-force	La Facture	Providence (HDTV) (N) (SC)	NCIS: Los Angeles	The Good Wife		
	2	2	2	CBC-F Wheel Fortune	Evening News	Wheel Fortune	Jeopardy! (N)	NCIS: Code of Conduct	La Promesse (HDTV) (N) (SC)	TVA nouvelles		
	32	32	32	CBS TVA nouvelles	Le Cercle (SC)	La Fièvre de la danse (SC)		Rock et Rol	NCIS: Los Angeles	News Final (N)		
	69	69	69	CTM Entertainment	ET Canada	The Good Wife (HDTV)		NCIS: Code of Conduct				
	6	6	6	CHH XXI Winter Olympics Hockey, Figure Skating, Medal Ceremonies, Hockey, Figure Skating, Medal Ceremonies, (Live)								
	9	9	9	CJCH (6) EastLink Television								
	10	10	10	ELTV The Simpsons	Two/Half Men	Two/Half Men		Podium TV	Community Matters			
	36	36	36	FOX Seinfeld	The Simpsons	Extra (N)	Olympic Zone	American Idol The top 12 female semifinalists perform.		Fox First		
	12	12	12	NBC News (N)	NBC News	Connect with Mark Kelley (N)		XXI Winter Olympics Figure Skating, Bobsled, Freestyle Skiing.				
	29	29	29	NW (6) Power & Politics	PBS NewsHour (N)	Greater Boston	María Hinojosa	NOVA (HDTV) (DVS)	CBC News: The National	fifth estate		
	4	4	4	PBS-B PBS NewsHour (N)	Business Rpt.	Worldfocus		NOVA (HDTV) (DVS)	Frontline (N) (DVS)	Latrobe-First		
	35	35	35	PBS-D PBS NewsHour (N)	Business Rpt.	Worldfocus		NOVA (HDTV) (DVS)	A History of Surgery	Frontline (N)		
	68	68	68	TQS A comm	Jeux olympiques d'hiver: Vancouver 2010 Le hockey, patinage artistique, curling féminin. (En direct)			The Close	Market Call	Squeeze Play	Business News	
	18	18	18	CNN The Situation Room With Wolf Blitzer (N)				Campbell Brown (N)	Larry King Live (N)	Cooper 360		
	54	54	54	GOLF Golf Central	Play Lessons	Learning	Inside PGA	Sports Jobs	Golf	FBR Open Highlights (N)	Haney Project	
	52	52	52	RSE XXI Winter Olympics Curling, Figure Skating, Curling, men's: Great Britain vs. Norway, figure skating: ladies short program, curling, women's.	Overruling!	Han, Montana	Wizards-Place	Latest Buzz	Ned's School			
	55	55	55	SCOR After Wrestling	Covers Experts	Cabby Unlmit	Score Today	Court Surfing NBA news, scores and highlights.				
	45	45	45	SPD Unique Whips		Pass Time	NASCAR Hub	Monster Jam (HDTV)	Super Bikes!	Super Bikes!	Danger-Drives	
	43	43	43	TSN XXI Winter Olympics Curling, Bobsledding, Hockey, Speed Skating, (HDTV) (Live)								
	43	43	43	FAM Han, Montana	Wizards-Place	Sonny Chance	Suite Life	Overruling!	Han, Montana	Wizards-Place	Latest Buzz	Ned's School
	44	44	44	TOON Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futura	King of the Hill	American Dad
	26	26	26	TREE Wonder Pets	3rd and Bird	Backyardigans	Night Garden	Waybuloo	Max & Ruby	Franklin	Little Bear	Family Biz
	27	27	27	YTV iCarly	To Be Indie	Fries That?	Prank Patrol	The Next Star "Duets"		Fries That?	Prank Patrol	Family Biz
	16	16	16	A&E The First 48 (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds
	70	70	70	APTN (6) XXI Winter Olympics Curling, (Live)				XXI Winter Olympics Biathlon, (Live)		XXI Winter Olympics Skiing.		
	50	50	50	BET 106 & Park: BET's Top 10 Live				Boyz n the Hood *** (1991, Drama)	Larry Fishburne.	Michael Vick		
	37	37	37	BRVO Emily of New Moon				McLauchlan	Denny Doherty and The Mamas & The Papas	Bravo! Concert		
	25	25	25	CMT Shaye: This Is It		Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.
	49	49	49	COM Just for Laughs		Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Fit-Conchords
	153	153	153	COURT Missing Link Psychic.		Missing Link		Crime Files	Dumb Criminal	Struggle for Justice		Missing Link
	38	38	38	DISC Destroyed		Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Swamp Log.
	46	46	46	HGTV Extreme Makeover: Home		House Hunters	Property Virgin	Million Dollar Listing	Bang, Buck	Genevieve	House Hunters	House Hunters
	34	34	34	HIST Ancient Behavior Badly		Ancient Discoveries		Cities of the Underworld	Pawn Stars	Pawn Stars	Ancients-Badly	
	17	17	17	MM (6) MOD Live at the Base		America's Best Dance Crew		My Date With...	Make it or Break it	At the Base		
	19	19	19	MMH mmtop10.ca		The Daily Fix		Ranked!		mmtop10.ca		Hammerline
	201	201	201	M1 (6:30) Righteous Kill		(8:15) Almost Heaven (2006, Romance-Comedy)		XXI Winter Olympics Bobsled, (Live)		Vicky Cristina Barcelona *** (2008)		
	48	48	48	OLN Mantracker		Ghost Hunters		House-Payne	House-Payne	Law & Order: Special Victims		Ghost Hunters
	51	51	51	PEACH Friends	Seinfeld	Family Guy		House-Payne	House-Payne	Law & Order: Special Victims		Seinfeld
	206	206	206	PX (6:15) Coming Home (1978, Drama)		Dance Me Outside *** (1994, Drama)				Le Tap Shot *** (1977, Comedy-Drama)		
	67	67	67	RDI RDI monde	RDI économie	Relic Hunter		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie
	39	39	39	SHOW Trailer Park	Trailer Park	Relic Hunter		XIII (2009, Suspense) Val Kilmer, Stephen McHattie.		Drop-Diva		Drop-Diva
	40	40	40	SLICE What Happen?	Wedding SOS	Little Couple		Party Mamas	Party Mamas	Wedding SOS		Wedding SOS
	47	47	47	SPACE Stargate SG-1		Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (HDTV)		Fringe
	14	14	14	ATV CSI: Crime Scene Invstgtn.		Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV)		Medium (HDTV)		Blue Mountain
	57	57	57	STAR etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		Dr. Oz Show
	21	21	21	TLC Little Couple	Little Couple	Little Couple	Little Couple	Little Couple	19 Kids-Count	19 Kids-Count	Little Couple	Little Couple
	34	34	34	TROP End of Leash	Last 10	Parking Wars	Parking Wars	Rescue Ink		Dog Whisperer Chip.		End of Leash
	20	20	20	TVS Zoom animal	Journal de Fr2			Partir autrement		ADN		ADN
	28	28	28	V Just Cause		Murder, She Wrote		May-December	When I Laugh	Quantum Leap		Unscripted (N)
	97	97	97	VIVA Da Vinci's Inquest		Cold Case "Knuckle Up"		Missing "Domestic Bliss"		The Closer		Cold Case
	22	22	22	W House-Sell	House-Sell	Supernanny		Shopping Bags	Grocery Bag	Beauty Call	Style by Jury	Look Good
	251	251	251	WGN WGN Evening News		Two/Half Men	Family Guy	90210 (HDTV)		Melrose Place "June"		WGN News

## critics' corner

**Style by Jury**  
Elizabeth, a widowed motorcycle mama, has been in a relationship for four years, but she and her boyfriend are lacking that special spark. It doesn't take host Bruce Turner, wardrobe consultant David Clemmer and the rest of the team long to figure out why: She has lost touch with her feminine side. The team shows her how to present a more feminine image in the new episode "No Spark No Flame." 10:30 PM on W



**At the Concert Hall**  
Just weeks from kicking off his U.S. tour, B.C.-born rocker Matthew Good takes the stage in this new episode to perform songs from his latest album, "Vancouver," including "Us Remains Impossible," "The Boy Who Could Explode," "Great Whales of the Sea," "A Silent Army in the Trees" and "Last Parade." 11 PM on BRAVO

**How to Look Good Naked Canada**  
Not every woman who feels bad about her body got that way by having children, but there's no denying pregnancy and parenthood can do a number on the physique. In this new episode, host Zain Meghji works with Dorothy, who loves her three children but needs some help learning to love her looks, especially her small frame. He shows her how to dress to flatter her best parts. 11 PM on W





It's over between actress Abbie Cornish and boyfriend Ryan Phillippe, her spokesperson confirms to people.com. "Abbie ended the relationship with Ryan and she moved out of their home," she said. **METRO NEWS SERVICES**

**Phillippe single again**

## Celebrity Buzz

etalk's Lainey Lui dishes out celeb dirt in three's



### Three Talk

with Lainey Lui

**AMY WINEHOUSE.** One of the most exciting talents to emerge from the UK in years, Amy Winehouse's musical genius is often overshadowed by her personal drama. Now divorced and reportedly clean after having spent the better part of a year in St Lucia, Winehouse is back in London working on new material which, hopefully, will give us something new to talk about. Here are three things you might not know about Amy Winehouse:

**ONE** She learned to play drums for her highly anticipated third album due for release this year.

**TWO** Winehouse's personal fortune dropped from £10 million to £5 million between 2008 and 2009 as her parents managed her money while she battled addiction.

**THREE** Winehouse's new addictions are apparently plastic surgery and exercise. Her father told the British papers that she loves her breast enlargement, is considering having some work done on her ass, and exercises several hours a day.



Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games.

**etalk**

## Cowell: Engaged or not?

**AN OVERLY CRITICAL HUSBAND — SOUNDS LIKE A GREAT CATCH** Simon Cowell's rep, Max Clifford, tells People magazine he cannot confirm reports that the American Idol judge is engaged to makeup artist Mezghan Hussainy. But don't be surprised if Cowell pops the question before too long.

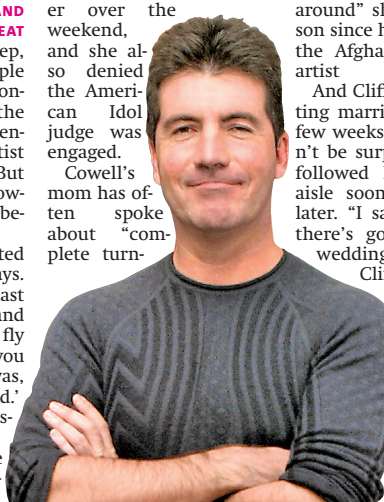
"I see it being repeated everywhere," Clifford says. "But when I asked him last Wednesday, when he and Mezghan were about to fly back to L.A., I said, 'Are you engaged?' His answer was, 'Max, I'm not engaged.' That was last Wednesday."

Clifford adds that he spoke to Cowell's mother over the weekend, and she also denied the American Idol judge was engaged.

Cowell's mom has often spoke about "complete turnaround" she's seen in her son since he started seeing the Afghan-born makeup artist.

And Clifford, who is getting married himself in a few weeks, says he wouldn't be surprised if Cowell followed him down the aisle sooner rather than later. "I said to him, 'So, there's going to be two weddings this year?'" Clifford says. "Normally he would say, 'Don't be so ridiculous' or 'In your wildest dreams.' But he said, 'Who knows?'"

**METRO NEWS SERVICES**



## Rihanna gets a surprise at 22nd birthday party

**WHAT A DIFFERENCE A YEAR MAKES** Rihanna's rumoured boyfriend surprised her with a 22nd birthday party on the weekend, femalefirst.co.uk reports.

The singer was "shocked" by the bash put together by baseball player Matt Kemp in Phoenix, Arizona — where Kemp is currently training — as she was

only expecting a small gathering of friends. Matt organized Caribbean food to be served to Barbados-born Rihanna and also reportedly bought her a custom-made diamond necklace. The party was extra-special for Rihanna as she cancelled her 21st birthday party in the aftermath of the assault by Chris Brown.

**METRO NEWS SERVICES**



## Duff shows off ring

**AND COMRIE SHOWS OFF HIS FUTURE TROPHY WIFE** On Friday, Hilary Duff showed off her huge engagement ring from hockey player Mike Comrie as she continued vacationing in Hawaii, where the singer, 22, recently got engaged, us-magazine.com reports.

Celeb jeweler David Manane, CEO of

MyJewelryBox.com, tells usmagazine.com the ring appears to be a 4.5-carat Asscher-cut engagement ring. Estimated price? \$300,000.

Shortly after they began dating in 2007, Comrie surprised Duff with a Mercedes-Benz G-class SUV.

**METRO NEWS SERVICES**



## Lohan admits to hard drug use

**IN OTHER NEWS, THE SKY IS STILL BLUE** Lindsay Lohan admits she's used drugs in the past to deal with personal problems, and when her father, Michael Lohan, started talking to the press about her issues, it only made matters worse, she reportedly tells the Sun.

"When my father

was going public, that's when I hit rock bottom," Lohan tells the newspaper. "I tried to mask my problems with alcohol, cocaine and mind-altering substances. Now I'm in a place where I don't need to use anything and I feel emotions because I choose to."

**METRO NEWS SERVICES**



## Charlize Theron embracing Kabbalah after bad break up

**WATCH OUT SCIENTOLOGY — KABBALAH IS GIVING YOU A RUN FOR YOUR CELEBRITY MONEY** After splitting with longtime boyfriend Stuart Townsend, Charlize Theron has reportedly turned

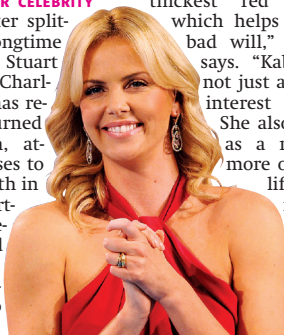
to Kabbalah, attending classes to study the faith in L.A. and sporting the trademark red string bracelet, according to

the Daily Mail.

"Charlize is wearing the thickest red bracelet, which helps ward off bad will," a source says. "Kabbalah is not just a religious interest for her."

She also views it as a means to more of a social life and mixing with Hollywood."

**METRO WORLD NEWS**



## Tiger back in rehab clinic

**AW SHUCKS, LET'S FORGET EVERYTHING AND LOVE TIGER AGAIN...** After his public apology last week for his marital indiscretions, Tiger Woods

is back in rehab, having traveled to a facility in Arizona over the weekend with wife

Elin Nordegren, according to Radar Online. But Nordegren may not be by his side the entire time. "Elin may not stay the entire week with him," a source tells the Web site. "She taking the marriage one day at a time."

**METRO WORLD NEWS**



Follow these celebrities on Twitter...

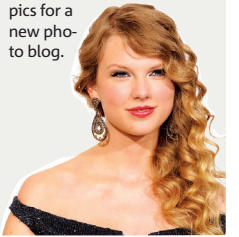
### CelebTweets

**TAYLOR SWIFT** is being productive with her jet lag, **WILLIAM SHATNER** is focused on his goals, and **SAMANTHA RONSON** is getting professional help.

@WilliamShatner Riding again tomorrow morning. Have to stay in top shape to win the Pacific Coast Year End Horse of the Year again this year.

@samantharonson headed to therapy- 1st thing on the agenda- why the hell am i sitting here with tears in my eyes watching american idol?

@taylorswift13 I've been waking up at 5am every morning since we got back from Japan. Early morning activity today: uploading pics for a new photo to blog.



## \$4.95 LUNCH SPECIALS

**MONDAY**  
Cheese steak  
quesadilla  
with caesar

**TUESDAY**  
Chili & garlic  
bread

**WEDNESDAY**  
Lasagna  
& caesar

**THURSDAY**  
Fish cakes  
& beans

**FRIDAY**  
Corned beef  
& cabbage

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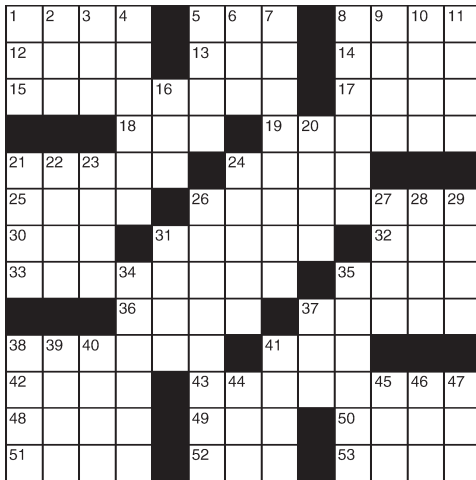






For more delicious Metro recipes, visit: [metronews.ca/food](http://metronews.ca/food)

## Take Five



### ACROSS

- 1 There's a lot of this ...
- 5 ... in this
- 8 — gin fizz
- 12 Sandwich cookie
- 13 Crony
- 14 Full house, e.g.
- 15 Wrenches
- 17 Memorization method
- 18 Got a look at
- 19 Prayer
- 21 Parsley piece
- 24 Algerian port
- 25 Baseball's Hersher
- 26 Controversial punishment
- 30 Newhart or Hope
- 31 "Million Dollar Baby" star
- 32 Life story, for short
- 33 Droopy-eared dogs
- 35 Heart of the matter
- 36 Historic times

- 37 Sound portion
- 38 Cup holder
- 41 Possess
- 42 A deadly sin
- 43 All aglitter
- 48 Neighborhood
- 49 Annoy
- 50 Loathe
- 51 Catherine who wed Henry VIII
- 52 Ph. bk. info
- 53 Elliptical

### DOWN

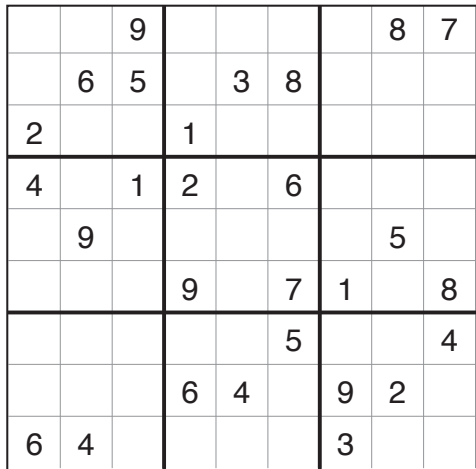
- 1 "Mayday!"
- 2 Dadaist Jean
- 3 Meadow
- 4 Adenoid neighbor
- 5 Jet forth
- 6 Corn spike
- 7 Losers
- 8 Get smaller
- 9 Asian nation
- 10 Aware of
- 11 First place?
- 16 Run-down horse
- 20 File crosser
- 21 Weeps loudly

- 22 Item on stage
- 23 Singer McEntire
- 24 October birthstones
- 26 Administers an oath of office to
- 27 Footnote abbr.
- 28 Unless (Lat.)
- 29 Head for
- 31 Paddock pop
- 34 Beverage of the gods
- 35 Overly enthusiastic
- 37 Plant bristle
- 38 High-five, e.g.
- 39 Emanation
- 40 Addict
- 41 Erstwhile acorns
- 44 In favor of
- 45 Restroom, for short
- 46 Greek vowel
- 47 Benicio — Toro

## Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



2	5	6	3	8	1	9	7	4
7	8	4	9	5	2	6	1	3
9	1	3	7	6	4	8	5	2
3	2	8	1	7	9	4	6	5
5	6	1	2	4	8	7	3	9
4	7	9	6	3	5	2	8	1
1	4	5	8	9	6	3	2	7
6	3	2	4	1	7	5	9	8
8	9	7	5	2	3	1	4	6



## Metro Recipe of the Day



### Jamaican Shrimp and Crab Jambalaya

#### INGREDIENTS:

- 1 tbsp canola oil
- 2 tbsp all-purpose flour
- 2 medium onions, chopped
- 1 large green pepper, chopped
- 1 celery rib, chopped
- 3 oz bacon, diced
- 796 ml can chopped tomatoes in purée
- 284 ml can chicken broth
- 1 1/2 cups long-grain white rice
- 2 tsp Old Bay seasoning
- 450 g large shrimp, peeled and deveined
- 225 g lump crabmeat, picked through
- 2 tbsp chopped fresh cilantro

#### MEHTOD:

1. Lightly coat large skillet with nonstick cooking spray; set over medium

heat. Add oil and flour and stir constantly until roux turns deep brown, 5 minutes. Add onions, green pepper, celery and bacon; sauté until vegetables are soft, 5 minutes.

2. Stir in tomatoes, broth, rice and Old Bay seasoning; bring to boil over high heat. Reduce heat to medium-low, cover, and simmer until rice is almost tender, 20 minutes. Fold in shrimp and cook until shrimp are pink and firm, 5 minutes.

3. Fold in crab; cover and cook 1 minute. Remove from heat and let stand 3 minutes. Sprinkle with cilantro.

**SERVES 4**

## rd.ca

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



## Horoscopes by Sally Brompton [sallybrompton.com](http://sallybrompton.com)

For Sally's expanded daily and weekend horoscopes, visit [metronews.ca](http://metronews.ca)

### ARIES

**MARCH 21-APRIL 20**  
Give people you meet and mix with today all the praise they can handle. They may not deserve a word of it though.



### TAURUS

**APRIL 21-MAY 21**  
If you don't feel quite right in the company of certain people today you must not be afraid to turn your back and walk away.



### LIBRA

**SEPT 23-OCT 23**  
Only you know how hard you have worked to reach a certain level, so only you can decide whether or not it is worth carrying on.



### SCORPIO

**OCT 24-NOV 22**  
Something of a creative or artistic nature has the potential to make you a star, and rich with it, but it won't just happen as if by magic.



### GEMINI

**MAY 22-JUNE 21**  
Today's Sun-Pluto link cuts across the career and financial angles of your chart, so chances are you will enjoy some sort of windfall.



### CANCER

**JUNE 22-JULY 22**  
Age and experience may be good things to have but energy and enthusiasm are more important in what you put into your doings over the next 24 hours.



### CAPRICORN

**DEC 22-JAN 20**  
You are on such dazzling form at the moment that you will get what you desire one way or another.



### LEO

**JULY 23-AUG 23**  
If you need to attempt something difficult or detailed, now is the ideal time to give it a go. Pluto in the work area of your chart is energized by the Sun.



### AQUARIUS

**JAN 21-FEB 18**  
Put yourself out for other people today, no matter how much it might cost in time, energy or money.



### VIRGO

**AUG 24-SEPT 22**  
If someone suggests that you might like to lower your sights a little today you should suggest right back at them that they might like to raise their own.



### PISCES

**FEB 19-MARCH 20**  
Everything evens itself out in the end, so if you feel you have gained something you don't deserve it can only be because you did something good.



## TAKE A BREAK FROM WORK

Visit [metronews.ca](http://metronews.ca) to watch

[metrotube](http://metrotube) of the day

## This day in history

1898: Émile Zola is imprisoned in France after writing 'J'accuse', a letter accusing the French government of anti-Semitism and wrongfully imprisoning Captain Alfred Dreyfus.

1945: Second World War: During the Battle of Iwo Jima, a group of United States Marines and a commonly forgotten U.S. Navy Corpsman, reach the top of Mount Suribachi on the island and are photographed raising the American flag. The photo would later win a Pulitzer Prize and become the model for the national USMC War Memorial.

1980: Iranian Supreme Leader Ayatollah Ruhollah Khomeini states that Iran's parliament will decide the fate of the American embassy hostages.

METRO NEWS SERVICES

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(including service charges): \$297

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Bahia Principe San Juan • 4 ★  
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**\$1099**

\*Taxes & other fees  
(including service charges): \$297

### JAMAICA

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